



Creating Healthy Campus Networks throughout the University of California

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Healthy Campus
Network

Healthy Campus Network

Background

- In 2017, as part of the work under the UC Global Food Initiative, UC President Janet Napolitano allocated funds to each campus with the goal of making the University of California “the healthiest place to work, learn and live.”
- UC has a large and diverse community:
 - 280,000 students
 - 227,000 faculty, staff, and researchers
 - The state’s third largest employer
- The Healthy Campus Network aims to:
 - Infuse health into the fabric of each UC campus
 - Reshape social norms

Healthy Campus Network

Culture of Health Model

The network's tools include:

- stakeholder engagement; campus policy reforms to make the healthy choice the easy choice; asset mapping and collective impact mobilization based on individual campus strengths and needs.

Collective Impact:

- shared common agenda, shared measurement systems, mutually reinforcing activities, continuous communication, and backbone support organizations.

Culture of Health Action Framework (Robert Wood Johnson Foundation)

- Making health a shared value
- Fostering cross-sector collaboration to improve well-being
- Creating healthier, more equitable communities
- Strengthening integration of health services and systems

Healthy Campus Network

Leadership Team

- The Healthy Campus Network has support from leadership across the UC system, including President Janet Napolitano, and the 10 campus chancellors.
- Each campus has a steering committee comprised of faculty, students, staff and leadership.
- A systemwide committee is led by:

Dr. Wendelin Slusser, UCLA

Dr. Laura Schmidt, UCSF

Julie Chobdee, UCR

Sana Alas, UCLA

Savannah Gardner, UCLA

Gale Sheean-Remotto, UCOP

Healthy Campus Network

Systemwide Accomplishments

- Asset maps and mobilization
- Implementation and budget plans
- Established collaborative relationship amongst the ten campuses, five health systems and UCOP
- Research Project: Systemwide implementation and evaluation of a Take the Stairs! Campaign
- Three HCN Systemwide conferences held at UCLA that included external participants from RWJF, NIOSH, AMA, California State University, California Community Colleges, UC benefit partners
- Formation of an Advisory Team consisting of internal and external partners focusing on building a culture of health in higher education
- Partnership with Systemwide Human Resources on a Healthy Beverage Initiative
- Partnership with UC Health and Systemwide Human Resources on a Diabetes Prevention Program
- Funding support on a StressFree and Nutrition research project
- Formation of workgroup to define Culture of Health measures and evaluation

Healthy UC Davis

- Vision: *Make UC Davis the healthiest community in the nation.*
- Mission: *Champion a thriving culture of health and well-being throughout the UC Davis community.*



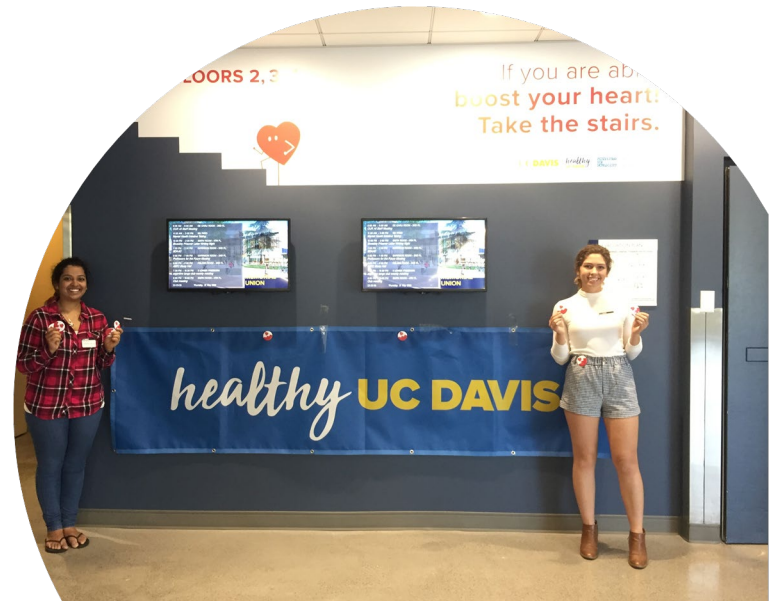
4 Focus Areas composed of UC Davis staff, faculty and students:



- Physical Activity
- Food and Nutrition
- Mental and Emotional Well-being
- Smoke and Tobacco Free

Physical Activity

- *Active Aggies Mobile*: Fitness classes were held at localized hubs around the UC Davis campus, to offer convenient access to physical activity
- *Fit Break*: Program offered convenient exercise breaks in departments to improve health and wellbeing
- *Walking Paths*: Seven marked walking paths were installed on the UC Davis and UC Davis Health campuses
- *Stairwell Project*: Positioned “Point of decision” prompts at strategic elevator banks to encourage students, faculty, staff, and visitors to use the stairs instead of the elevator



Food and Nutrition

- *Food Access Map*: A map of food resources on where to find low-cost or free food. Also included purchasing and installation of microwaves to encourage bringing food to campus.
- *Diabetes Prevention Program (DPP)*: An evidence based program aimed at addressing risk factors of diabetes for staff, faculty and students through weekly meetings.



Nourish Initiative

- Nourish is a food icon initiative aimed at making the healthy choice the easy choice at campus eateries
- A team of dietitians and staff developed criteria for an effective food labeling system

nourish

Nourish your mind and body by choosing foods with the 🍊 icon.



Food with the 🍊 icon has:

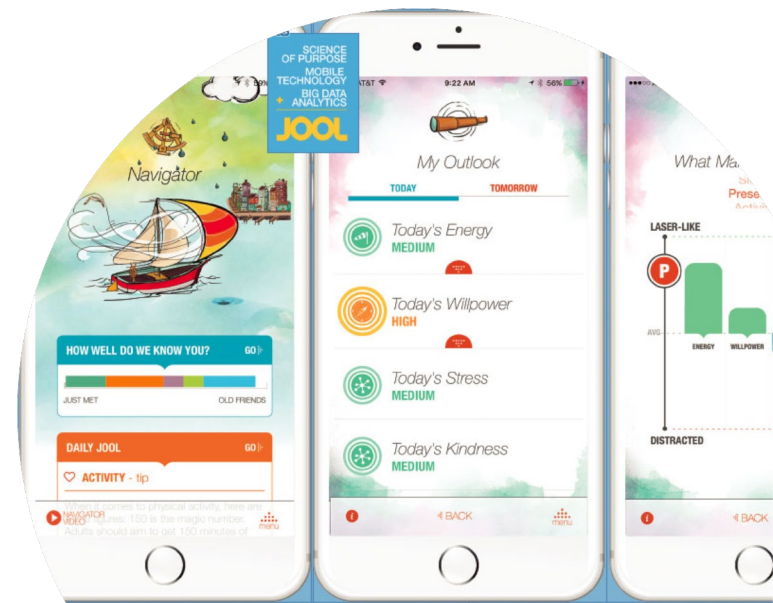
- | | |
|-------------------------|--------------------------|
| ↑ Fruits and vegetables | ↓ Added sugar |
| ↑ Fiber | ↓ Sodium |
| ↑ Whole grains | ↓ Saturated fat |
| ↑ Healthy fats | ↓ Artificial ingredients |

Mental and Emotional Well-being

- *The Mindful Awareness Practices*: six-class series that covers the fundamental ideals of mindfulness
- *The Mindfulness-Based Stress Reduction (MBSR)*: eight-week intensive mindfulness training to assist people with stress, anxiety, depression and pain
- *Mental and Emotional Well-Being Open Access Resource*: serves as an online resource for podcasts, webinars, tip sheets, web based applications, and other tools to support emotional well-being

Mental and Emotional Well-being

- *Tools for Managing and Supervising Employees Struggling with Mental Health Challenges:* A four-session course for managers and supervisors on supporting emotional well-being of their staff
- *The JOOL Health Application:* A mobile and web-based tool to engage, motivate, and support in pursuing a life of purpose



Smoke and Tobacco Free

- UC has been Smoke and Tobacco Free since 2014
- Initiatives focus on communication and outreach
- Quarterly environmental scans to track “hot spots”



Smoke and Tobacco Free

- Expansion of signage on and off campus
- Establishment of an enforcement component to the policy



Healthy UC Davis Next Steps

- In Summer 2018, the Steering Committee submitted a proposal to the UC Davis Chancellor for continued administrative and financial support of the initiative
- Strategic Planning session was held on February 28
 - Continue existing programming & initiatives
 - Add new programs and advocate for health-promoting policies to meet the needs of the UC Davis community

UC Riverside Healthy Campus

“UCR Healthy Campus is a comprehensive approach to elevate health and well-being at UCR. We are committed to the health of our faculty, staff, and students and embrace an environment that both supports and encourages the health and well-being of our campus community.”

—Kim A. Wilcox, Chancellor

UC Riverside Healthy Campus

VISION

To be the model healthy campus, inspiring and infusing health and well-being into all of its facets.

MISSION

To create a healthy campus culture and environment through collaboration with campus partners on policies, programs, services and initiatives that address all dimensions of wellness, along with innovative engagement strategies, making UCR a university of choice.



Key Program Accomplishments

- Over 50 events/programs reaching over 1,000 UCR faculty, staff and students
- \$23,000 HC Project Grants awarded to 22 recipients/mentors
- Smoke/Tobacco-Free Policy as of January 2014
- Built Environment (4 StairWells)
- Seeds of Change selections increased
- Catering menu and C-store labels
- R'Trail
- Mental Health Literacy Campaign
- Alternative Work Schedule guidelines
- 1,000 Instagram Followers
- Awarded American College Health Association (ACHA) Healthy Campus Award 2018

Recommendations

- Mental health stigma reduction
- Healthy food access
- Healthcare service access
- Wellness and prevention resources/services
- Safe and comfortable environments

What can we do? Unify the Campus:

“The campus as a whole, we should all work together rather than like individual kinda thing.”

~ UCR undergraduate student

Healthy Campus Network

Q&A and Discussion

- Share Culture of Health work at your campus
- Please sign up on our sign in sheet if you are interested in learning more or being part of a future HCN conference



Thank You

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OF
CALIFORNIA

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Network